

Get started

Begin by:

- Making small changes
- Making it fun
- Exercising with a friend
- Keeping an activity journal.

Keep moving

Remember to:

- Reward yourself.
- Set new goals.
- Increase your activity to at least 30 minutes a day.
- Add a variety of activities.



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why be **active?**

A Guide for Developing Good
Physical Activity Habits



Why be active?

To Have a Healthier Heart:

- Lower blood pressure.
- Lower risk of heart attack.
- Strengthen heart and lungs.

To Have a Healthier Physical Self:

- Keep a healthy weight.
- Have more energy.
- Keep bones and muscles stronger longer.

To Have a Healthier Attitude:

- Feel better.
- Get better sleep.
- Feel less stress.



Are you active?

Do You Spend Too Much Time:

- Watching TV?
- Working at a desk?
- Riding in a car?
- Taking the elevator?
- Playing with your computer or smartphone?

Ways to be active

Here's How:

- Check with a doctor before starting.
- Set goals.
- Set aside time to be active.

Make it a Part of Your Life.

- Use work breaks to move around.
- Take the stairs.
- Take a family walk.
- Park farther away from the front door.
- Take the dog for a walk.



For More Info:

- **S.C. DHEC Division of Nutrition, Physical Activity and Obesity**
www.scdhec.gov/obesity
- **Eat Smart Move More SC**
www.EatSmartMoveMoreSC.org
- **SC Department of Parks, Recreation, and Tourism**
www.scprrt.com
- **SC State Parks**
www.southcarolinaparks.com
- **YMCA**
www.ymca.net
- **Let's Move**
www.letsmove.gov